

AU NATUREL

SCHATZI'S DESIGN GALLERY & DAY SPA, LLC

SALON AND PERSONAL UPDATES

Holding It Down

[Life is good](#). I give thanks. As we near the end of the summer, I reflect on how things have been. "Fun" is the best word to describe life for me right now. Thanks primarily to eight super-beautiful naturalistas, I'd say it's been one of the most memorable

(starting, palm rolling, interweaving and repair) and lock styling, weaves (crochet and sew-in), Nubian knots and flat ironing!! I've taught them more than they will be required to test on at the State Board but, in my mind, they must be competent in the field when



Wake Technical Community College Natural Hair Care Class – Summer 2015 (printed w/permission)

summers I've had for a while! It's hard to believe they have only about four more weeks of class instruction to go. But they've learned A LOT: twists (two-strand, three-strand, flat, Senegalese, Nubian and Kinky), cornrows and braids (with or without extensions), rod sets (flexi- or straw), locks

they step out as fully trained natural stylists. They are competent!! While these ladies frequently thank me for being their instructor, I think I just got a good group!!! Truly! Check out the Poetically Speaking section for photos of the work of Ms. Nu'Man (2nd from the front), pieced

NUSOL NATURAL HAIR & BEAUTY EXPO—AUG. 22ND

The expo that you've all been waiting for is just around the corner. It promises to be a memorable event!! The keynote speaker is Curly Nikki—a sister who has shared the secrets of her natural hair journey and has achieved international success in so doing. Tickets are only \$20 and in the exchange, you will receive a wealth of information, entertainment, encouragement and love. I invite all to stop by my lecture on "Thriving in Corporate America as our Authentic Selves," at 1pm and 6pm. Course objectives are:

- To identify the key corporate challenges that Black women are facing.
- To highlight the clashes in culture that make these challenges all the more difficult to overcome.
- To outline an action plan to foster and illicit positive outcomes to negative situations.

I will be pulling on research evidence like [this](#) and [this](#) as well as personal experiences to make the case for thriving authentically. I hope to see you there!

together as an abstract mosaic on love!! I told her "This is a poem!! Truly! Can I put it in my newsletter?" And she was shyly overwhelmed. Did I say I LOVE my class!! And so, I will definitely miss them when class is over. But, Shaundrelle Todd will be in place and ready to coach the next cadre of students to natural style perfection at the end of September. I am scheduled to resume instruction with Natural Hair Care Class #3 in the Spring of 2016.

Within the salon, we're holding it down. Saturdays have been our busiest days, naturally. In addition, we've gotten a facelift which has been LONG OVERDUE!! I had to call the association to complain about the building's appearance which is an oversight that took them about 6 months to act upon. I didn't know others would get a facelift because I needed one. But, I'm glad it happened. They were clearly remiss. Our roof is also brand spanking new. Poor Mikea, who didn't realize the roofers were scheduled for Saturday nearly ran out the door when she heard knocking and banging from upstairs at around 8am one morning. She was working on a client. In her words, "I heard some noise! I didn't know what it was so I picked up my phone, looked at the

client and I was ready to bounce." I howled!!! Sister was like, "Chic, you are on your own. I'm outta here!!"



You really have to hear her tell the story though. "Stitches!" I got to the salon shortly thereafter though so, she was fully briefed on happenings. Our new facade colors are Downing Slate Blue with Renwick Beige Trim and a Roycroft Copper Red door. I kind of liked referring people to the only Baby Blue unit in the complex, but now, I get to direct people to the slate blue unit with a beautiful red door which I personally will refer to as the "Beautiful Gate." Come in and be transformed!! ☺ Since red is the color of love, it's a pretty divine selection. I had very little to do with the overall color scheme. The painters and the association

were pretty hard wired to some clear ways of thinking. The whole Colonial Williamsburg / American Heritage theme of the complex kind of limits our freedom in selection. But then, I'm pretty conservative when it comes to colors so I would have opted for many possibilities proffered. My preference was a Sheraton Sage but the contractor promptly announced that my beautiful knock-out roses in the front would have a hard time competing with a green backdrop. So naturally, I deferred to reason and an aesthetic eye for beauty. *I was honestly pleasantly surprised to hear such an esoteric and sensitive argument coming from a rugged, sound reasoning type....* He sounds like any country boy you'd meet on the street. Yes, that's sexist and stereotypical; but, I'm just being real. So, I trusted him and was hooked on his suggestions thereafter, with the exception of the door which I solely directed. I have to laugh to myself about my logic for choosing red, particularly when you will almost never see me wearing red. It's bold, it makes a statement, it's a portal to beauty (outward and inward) and it's the color of love. I make a spiritual

reference or love poem out of EVERYTHING!!! ☺

Anyhoo, things are rolling merrily along. I don't have any major back-to-school specials right now because honestly,

our time in the salon is pretty earmarked from now through the end of August. Maybe September will offer some fall specials. Time will tell. But in the interim, acknowledge the

blessing that life is. And give thanks! While you do, also be sure to "[Embrace the beauty of you.](#)"

SHARING LOVE AND APPRECIATION

For the brothers....

Last month, I was unable to attend the Jill Scott concert at the DPAC and was not too pleased about missing the Thursday night concert. But, I was in my element with some natural sisters, so it was all good! My consolation prize was that I bought her [Golden Moments](#) greatest hits album to listen to in my car during my morning and evening commutes. NICE!!! This sister is so blessed...and so REAL! I will soon purchase [her newest work of art](#) as my Facebook account has alerted me that it has dropped. Oh JOY!! ☺

Well, the song which has resonated with my spirit most

from her oldies collection is [this one](#). I guess herein lies a recurring theme that has resonated in my spirit and began to manifest with last month's article on "Self-Sufficiency." It has resonated in my spirit so often of late due to the challenges that our men are facing in the wider community: violence (fratricidal and state sponsored), marginalization, un-/under-employment, prejudicial treatment...the list goes on. So in the spirit of love, I encourage all women to share this one with the men in your life. I have!! But somehow, as Jill states, sharing this tune was not easy for me

despite my usual abandon about how I am known to express myself. Perhaps it's because this song comes from a place of weakness and humility, deference and pain...dare I say submission(?). So, I challenge you to share this anthem with the man in your life with no expectation except that he hears you and knows your heart. He will appreciate it. Now, if you're singing [this song](#) or [this one](#) afterwards...well I would say, you did it right! ☺ And if he aint around when you share the "facts", no worries. He will know your heart. That's sufficient. Happy sharing!! ☺

NATURAL HAIR FACTS: DID YOU KNOW...

Aunt Jemima was a naturalista under that head tie!!

One of the fun things for me about teaching natural hair care to my students is that I get to learn new and interesting facts that I myself was unfamiliar with. For instance, we often remember the image of Aunt Jemima and her characteristic head tie which covered her tresses and emphasized her social status of

servitude. Well, did you know that the [tignon](#)—the head scarf that she wore, was established and enforced through sumptuary laws designed to restrain and restrict the natural beauty of Black women? First instituted in Louisiana, these laws targeted Black women as their tresses were often admired by Whites,



particularly of the male gender. White women became jealous and angry concerning the natural desire that these men of power had for women of subordinate status. So, the head tie was created to cover up these beautiful natural tresses and thereby dampen the beauty of Black women. When you see the natural locks of sisters like [this](#), [this](#), [this](#), or [this](#)-leading natural hair care bloggers, you can surely understand the phenomenon. This hair fact called to mind an occasion in my own life while a college student.

In those days, I always wore my hair in wet-set twists (as I do now) so most people never noticed me much. Well, one day, two of my girlfriends and I decided to drive to Richmond to see "[School Daze](#)." It was rare to see a movie by a Black director in those days (at it is now) so we were dressed to the nines. Both of my girls were of lighter hue than me, so I had frankly grown quite accustomed to walking next to them and being invisible. One of them was "drop-dead gorgeous". Some Black guys at UVA used to say her name with obvious desire that upon reflection was quite comical to witness because they had NO SHAME!! With my darker hue, guys simply didn't even look at me when I walked next to light-skinned friends. I was not jealous or particularly concerned about it though. There were all hues in my

household growing up. So tone was a moot point. Besides, I was way too shy to care. In fact when I did press my hair out, the "green eyes" of envy that I received from some women made me very uncomfortable. So, I was always happy to wash my natural curls back in, twist my hair up and disappear in plain sight. Well, on the day in question sometime around 1988, my girls and I decided to go to McDonald's to grab some food after the movie. I was wearing an off-white sweater and an off-white knit skirt. It was the fall. My hair was press- and-curled that day and was cascading around my shoulders in ringlets. We walked into the McDonald's entrance and the entire place, which had a good number of people in it, grew silent. All eyes were on the door where we had just entered. I thought, "Wow, I guess we made an impression." But next to these ladies, my girl B- in particular, that was really nothing new. We walked up to the counter, ordered our food and then went to the restroom for a bathroom check while the food was being prepared. When we got in the bathroom, B- quickly accosted me by stating, "I'm so jealous!" I said, "Why?" She said, "Because when we walked into the McDonald's, everyone was staring at us—AND THEY WERE ALL LOOKING AT YOU!!" I said, "Girl, you're delusional. They're always looking at YOU!" She said, "Not

this time! I'm jealous!!" Even today, I still think she was delusional. But on the said occasion, I developed an even greater love and respect for my friend as she had the humility, honesty and trust to express to me her friend, a sentiment that was neither becoming nor desirable. I love her even today because she's a real as they come. But that story just goes to show the grace and power of Black beauty. All three of us were confident Black women...and the world noticed.

Well with that said, it's nice to know that not all Black women feel compelled to blend into the maddening crowd, as the blogger naturalistas referenced earlier are revealing. When I reflect on the history of Black women collectively, it's rather bittersweet to imagine God's probable anger in knowing how affectionately he kissed us, and how we have attempted to wipe that kiss away...or call it a curse. Thank God we are finally awakening. He knows we were sleep as he allowed the injustices. But, it's equally divine to know that sisters back in the day simply embraced the law and TURNED THE TIGNON OUT!! – meaning they turned it into a fashion statement in its own right. THAT'S HOW WE ROLL! Check out the full [Wikipedia link](#) for more information. It's pretty empowering.

Embrace the beauty of you.

POETICALLY SPEAKING...SOUL BLESSING

This poetic interlude is a melody of my heart. I am truly blessed for I have felt a love so profound, so all-encompassing, so blissful that it can only be called divine. My cup runneth over. This love ballad has serenaded mankind for millennia, yet the only known record of this dance is found in the prose of the beloved handed down through the ages. My mother named me "[beloved](#)." Did she know that it was my destiny to dance with the universe and be rocked into submission by the eternal beat of Creation? Did she know I would become a slave to love? And like my predecessors, I record my psalm of love with complete abandon in the hope of [awakening a symphony among mankind](#). Listen to this poem with your heart, then open your heart, and then join the dance. Be love.

"WE BUT MIRROR THE WORLD. ALL THE TENDENCIES PRESENT IN THE OUTER WORLD ARE TO BE FOUND IN THE WORLD OF OUR BODY. IF WE COULD CHANGE OURSELVES, THE TENDENCIES IN THE WORLD WOULD ALSO CHANGE. AS A MAN CHANGES HIS OWN NATURE, SO DOES THE ATTITUDE OF THE WORLD CHANGE TOWARDS HIM. THIS IS THE DIVINE MYSTERY SUPREME. A WONDERFUL THING IT IS AND THE SOURCE OF OUR HAPPINESS. WE NEED NOT WAIT TO SEE WHAT OTHERS DO." MAHATMA GANDHI

A MYSTICAL LOVE SONG

By Schatzi Hawthorne McCarthy

My Lover beckons me.
From beyond the sands of time and through inter-galactic dimensions of space
He finds me.
Transfixed, mesmerized, intoxicated and wide open.
He put a spell on me.
Movements are no longer my own as He takes hold of me and I drift into His melody.
I am on fire.
I no longer have words to describe the intensity and passion of this dance.
My Beloved is my Maestro.
Can I play for You?

St. Teresa of Avila loved this Lover with all her mind, body and spirit.
And He wooed her into submission.
Voyez [L'Extasie de Saint Térèse](#) et peut-être vous pouvez me comprendre.
Je connais ma sœur beaucoup mieux que je pourrai imaginer.
She repaid the world with the toil of her hands and the reflections of her heart.
This Trinitarian Love serenaded Rumi and Tagore,
Solomon and Mirabai,
Hafiz and Thich Nhat Hanh.
And divine love extracted poetic abstractions from them which confound and transform the listener.
Can I write for You?

My love is a mere atom in a universe of DIVINE energy.
But, I now know that state of bliss as I merge.
I dance on the cusp of death and life and say,
Let me die for I know where I'm going, and it is beauty.
Erase me from existence and I will not cringe or faint,
For I was truly with You my love at the beginning of time and I will be there at the end.
What is this body that we nurture it, or this mind that we prize it?
For these senses dull our experience of true reality and leave us with bated breath.
Waiting and wanting, yearning and longing for divine union, which is ever elusive, until IT finds us.
Can I come with You?

*It is your choice, my love.
Erase yourself completely, merge into Oneness and desire permanence.
And thy will be done.
But in Divine Time, your hour has not yet come.
You are a ray of light shining brightly among all My other beautiful luminaries.
Shine and be peace.
I have only come to refresh and renew your strength.
The pathway is long and the battle of self-mastery arduous.
But, WE are love which defines existence; and WE forge new, imaginative ways to manifest creation.
[For now, let Me love you.](#)*

HAIR POETRY

By Hayya Imani Nu'Man

As another soul blessing, I'm sharing with you a hair design created by Hayya Imani Nu'Man. This creative



design has flat and two-strand twists cascading to the right to frame the face with a hidden cornrowed message therein. I actually figured it out once I knew it was a hidden message but then, I'm a sucker for a love story!! ☺ Can you read it? Hint: It expresses a woman's love for her mate. Chic has got skills for days!!! And dare I say she is not even THE star pupil in the group!!! Why?? Because, they're ALL STARS!! Each one has her own unique gifts that will be a blessing if to no one other than herself, her family or her own daughter. I'm truly grateful to have met them all. And as for the readers: If you want a creative, abstract poem for a hairstyle, send me an email and I'll hook you up



with Ms. Nu'Man!! If you want to develop some dope skills of your own, join the class!! [Wake Technical Community College has room for open enrollment](#) as we speak!

Embrace the beauty of you.

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